

THE ALMA RECORD

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H. S. BARCOCK Editor ELINOR G. BARCOCK Associate Editor

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OFFICIAL PAPER OF THE CITY OF ALMA, MICHIGAN

ARMISTICE DAY

On the eleventh day of November the people of Gratiot county are asked to join in a celebration of Armistice Day at Alma.

It is now two years since the great war came to a close and it is fitting that we should hold a celebration commemorating that event which brought to a close the most inhuman and unjust war the civilized world has ever seen.

It was not a war of our seeking, but we were forced into it in order to save a large portion of Europe from destruction at the hands of a nation that was lusty for power, drunk with avarice, and unsane with hatred. The United States gave without reserve of men and means to the cause of liberty. Thirty billion dollars was expended, four million of our young men were equipped for the cause, and more than fifty thousand of the flower of American manhood laid down their lives in foreign fields that the world might be freed from the domination of hatred and injustice, while as many more returned to us maimed and broken men, having made a supreme sacrifice in the cause of freedom.

With us it was not a war for conquest, nor did we seek our own selfish interests. We fought and sacrificed for the good of humanity, and our flag, with its stars and stripes, became more than ever the emblem of justice and freedom for all mankind. And just here we want to say a word about that splendid flag which meant more than life itself to our forefathers, and which commands respect, the world around.

Nowhere on earth is the flag shown greater disrespect than right here at home. There is an element in this country who prefer the red flag of anarchy to the Stars and Stripes, and who are continually spreading propaganda for the destruction of the ideals represented by the flag. This is so distinct a menace that we recognize it and can be on our guard, but there is also the other menace of carelessness and neglect which breed disrespect, and it is the duty of every citizen to guard against it.

Last Memorial Day, when the G. A. R. Post and the American Legion marched to do honor to our dead, many men either through carelessness or ignorance of the ethics of the Stars and Stripes, stood with their hats on while the flag was passing by, and failed to stand at attention and pay respect to the greatest flag on earth, the greatest because it stands for the most.

On this Armistice Day, we should remember that these veterans fought for us and preserved our freedom, and that the flag they carry is our flag which has been the emblem of liberty for nearly a century and a half. Every good red-blooded American should consider it not only a duty, but a great privilege to stand at attention and pay his respect to this flag, and these men, because of what they represent to America and the world. For the man who does not feel like saluting the Stars and Stripes should go to Russia where they are enjoying license under the red flag instead of liberty under our grand old banner, the Stars and Stripes.

"THE SOLEMN REFERENDUM"

The election is over and President Wilson's demand for "A solemn referendum" on the League of Nations has been granted with results that make it one of the most solemn occasions in the history of America. The people of the United States have spoken in terms that are so decisive that there is no possible chance for misunderstanding. They have told President Wilson and the Democratic party once and for all that no man or set of men has the right to pledge this country to any program detrimental to America's best interests.

The issue was squarely put, the president insisted that he had the right to make a League agreement without consulting anyone, and to force it upon the people. He trampled under foot the rights of the Senate, the people's representatives, and insisted upon a referendum. Governor Cox was in complete accord with the president and insisted that the Wilson plans should be carried out, all of which leaves no possible room for misunderstanding or excuse. Never before in the history of the country was an issue so squarely put, so well understood, and so decisively settled. The people have said plainly that they want a constructive American program, that they are satisfied with the constitution, and most of all that they do not want any foreign entangling alliances, or any international super-government which swallows up American citizenship and gives to foreign potentates the right to say what America shall do.

It is worth while for us to ponder upon the significance of the sweeping victory for the Republican party, because it is not due to the popularity of Senator Harding or the unpopularity of Governor Cox. Instead it has a deeper meaning for thoughtful people. The returns show that Harding and Coolidge carried every Northern state and broke into the solid South by carrying Tennessee and Oklahoma. The Republican candidates will have 404 votes in the electoral college with 266 necessary to a choice. The popular plurality will be in excess of six million. There will be a Republican majority of a hundred in the house and sixteen in the Senate. Republican governors were elected in every state of the Union except those of the solid south. Harding defeated Cox in Ohio by nearly four hundred thousand majority and his victory is equally decisive in our own good state.

This splendid victory is in a sense a tribute to the past history of the Republican party and its great achievement, but it is more than that. It is a repudiation of the Democratic policies as exemplified by Wilsonism, and a stinging rebuke to autocracy.

Ex-Governor Ferris, who was overwhelmingly defeated by Alex Grossbeck for the governorship, is a game loser, and expressed himself very significantly when he said, "I am glad that the Republican have the weight of the next four years on their shoulders. God pity them. If we Democrats had it on ours we would be wiped into oblivion in the election four years hence."

This statement from so clear-sighted a man as Mr. Ferris makes us all mindful of the great responsibility which rests upon the Republican party since the results of this election seem to fulfill the words of the good ex-governor in regard to oblivion. We should rejoice in this sweeping victory because it is the sign of a new order of things which will tend to bring us back to safe and sane living and sweep forever from our minds the idea of an international government to take the place of an American government. It shows that the American people are doing their own thinking.

The overwhelming victory of the Republican party in this first national election in which the women played a large part shows that the women have been doing some thinking in regard to the general condition of the country. Through their vote they have expressed themselves as against the existing order of things and their hope for a return to a more sane and sensible basis in regard to national expenditure and other evils that have followed the war. It shows that women are anxious to take their full part in governmental affairs in an intelligent way and that they are willing to spend some time in informing themselves instead of listening to the advice of someone else or voting by chance.

The attitude taken by Senator Harding when assured of his election as President of the United States shows something of the bigness of the man. He said that he was happy to utter his gratitude, but that he was not exultant, for he did not consider it a personal victory but rather the renewed expression of confident Americanism and a national call to the Republican party. Such an attitude augurs well for the success of his administration.

PLAY GOOD FOOTBALL IN THE YPSILANTI FRAY

College Line Shows Fine Form But Backfield Still Shows Weak.

Although Ypsilanti's undefeated aggregation took Saturday's M. I. A. A. game from Coach Steele's green eleven by a score of 13 to 6, the Maroon and Cream must be given credit for showing the best form that has been shown on the grid this season.

The game was not even as much in favor of Ypsi as the score indicates as an error of judgment gave the visiting eleven its first touchdown, and a fumbled aside kick, which Hale let slide through him paved the way for the second counter.

Alma started the fray with all the pep and fight that has marked the aggregation of former years, and the hopes of the fans ran high, and apparently with the best of reason, as it seemed that the green eleven had really found itself for the first time this season, such was the superiority that it displayed over the visitors at the start.

Ypsi won the toss and received at the west goal, having a strong wind to her back, which would retard the Alma kicking. Following the kick-off Alma held the visitors and forced them to punt, the Almaites getting the ball in midfield. A steady march was started, with Zastro, Walker and Arbaugh going the last few yards on a smash through the Ypsi line. Walker failed in the attempt at goal, the ball going wide by about two feet. Score: Alma 6, Ypsi 0.

The visitors braced, following this touchdown, and while they were outplayed during the balance of the quarter, when Alma threatened twice more to score, the Teachers held in good style.

Just before the quarter ended Ypsi took the ball on a punt and started into Alma territory.

Almost immediately after the second quarter started, Ypsi was held about twenty yards from the Alma goal, and failing to make the yardage on the first three downs resorted to an inside kick, which bounded across the Alma goal.

The Maroon and Cream warriors remembering the fluke touchdowns that Albion got a week ago on punts, let the ball goal, although several men had every opportunity to down it behind the goal for a touchback, which would put the ball on the Alma twenty yard stripe. This was what Ypsi wanted. Westcott, Ypsi full, tore across the Alma goal, fell on the pigskin, and referee Crisp naturally ruled a touchdown for the visitors.

They missed the attempt at goal, and the score was tied. Alma outplayed the visitors during the balance of the half, and had one brilliant scoring chance, but it could not be improved upon.

Score end of first half: Alma 6, Ypsi 6.

In the third quarter the visitors put over the winning count. Alma had been on the offensive for some little time, but held, punted. Ypsi was held, after two or three first downs, and Quarterback Houser again attempted an inside kick. Hale let the ball slide out of his arms, and Ypsi recovered on the Alma 18 yard line. Four smashes made it a first down. For three downs Alma held Ypsi with slight gains, but then Holmes found a hole in the line and tore through for the needed yardage for a touchdown. Foy kicked the goal. Score Ypsi 13, Alma 6.

Following the next kickoff Alma made attempt, after attempt to put over a touchdown and knot the score, and while some good opportunities presented themselves, the punch to shove over the ball was lacking.

The line, revamped since the sad, sad Albion affair, looked fine. It played a brilliant game, and with another week's practice should look much like the famous Alma lines of former years. Brewer, Waggoner, McNaughton, played wonderful games on the line. On the backfield Arbaugh, Walker and Zastro looked good. Zastro had had only four nights practice before going into the game, but showed stuff enough to convince the supporters of the Maroon and Cream, that he is capable of holding up his own in any game.

The Maroon and Cream was crippled by the loss of Handley, who made such a fine showing against Albion. Had the Alma had been in the game there is little question but what the game would have ended differently.

Lineup and summary:

ALMA	Pos	YPSI
Simms	le	Anderson
Lamont	lt	Janasek
McNaughton	lg	Drake
Brewer	c	Foy
Hileman	rg	Miller
Barabeau	rt	Croft
Waggoner	re	Walker
Houser	q	Houser
Hale	rh	Quinn
Arbaugh	lh	Holmes
Walker	lb	Holmes
Zastro	fb	Westcott

QUARTERS 1-2 3-4
Ypsi 0-6 7-0-13
Alma 6-0 0-0-6

Touchdowns—Arbaugh, Westcott, Holmes.

Goal—Foy.

Substitutions—Tarrant for Barabeau, Kirker for Simms, Zinn for McNaughton, McNaughton for Zinn, Foster for Hale.

Time of quarters—fifteen minutes.

Referee—Crisp, Ypsi.

Umpire—Hoolihan, Mt. Pleasant Normal.

Headlinesman—Dunham.

Let us fill your bin with Chestnut coal. Brown-Ward Co., phone 27-59-41.

The finished mystery tells why Millions now living will never die.—70-4-c.

How to Live

Common Sense Comments on Health, Happiness and Longevity

By GEORGE F. BUTLER, A. M., M. D.

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LESS WORK FOR THE DOCTORS.

Far more important and encouraging

as "signs of the times" than any developments in politics or industry is the publicity given in newspapers and magazines to health topics.

This means future generations with purer blood, stronger muscles, more courageous brains. And that, in turn, means that all the problems of living—personal, social, political—will be met and taken care of. No physically robust people was ever enslaved or was ever retrogressive. The first warning of the downfall of the Roman empire before the northern races was the throngs of weaklings in the pestilence-haunted cities of the Mediterranean.

Heretofore in the world's history civilization has meant decay, because it has meant taking a nation's best from the healthful, open-air toll of the country, and degenerating it in noisome cities where the very ideals of happiness involve destruction of health. And our civilization of over-abundant food, of automobiles, and of all manner of muscle-decaying machinery, would have meant speedy ruin to us of the modern world had it not been for the progress of sanitary science.

The first fruit of this progress has been the skepticism regarding the value of drugs and the passing of the family doctor—two developments that are so rapid that we hardly appreciate them as yet. It is a grand advance that we have made in discovering that the body does not wish to be sick, does not accidentally get sick but, on the contrary, wishes to stay well, and will stay well if its owner is not ignorant or reckless. This discovery will make two great changes in our system of education. The first will be the teaching of breathing. To breathe properly means health, long life, capacity for work. Yet, today, how few people know how to breathe?

The second great educational change will be in the matter of diet. In this country, and in nearly all of Europe except France, we are still eating the things our forefathers managed to digest when they were toiling and sweating feverishly in the open air, instead of sitting at office desks.

Nature made the appetite for food keen because she had to deal with conditions in which the food supply was short and hard to reach, and if the appetite had not been keen, the animal would have given up the struggle. We know the changed conditions, and use Nature's no longer necessary batt as an exercise for stuffing ourselves three times a day and eating between meals. If it weren't that sanitation is much better nowadays, and cooking is, the consequences would be worse than they are. As it is, we suffer a great deal from "rheumatism," "over-work," and "nervous prostration," don't we?

It is pleasant to eat all we want. It is more comfortable to ride in an automobile and breathe lazily in one corner of the lungs, than to walk and take deep breaths. But, it isn't the way to be long-lived and healthy. And it is the way to let the other fellow who breathes and exercises and eats properly distance us.

The man who wishes to avoid doctors and preserve the full integrity of his functions to a ripe old age must avoid excesses of every description, have plenty of fresh air, a moderate amount of good nutritious food, and most furthermore, endeavor to employ the highest faculties of his mind somewhat more energetically than is usual for a custom. Man's destiny as regards the body is to a great extent in his own keeping, and, unless disease is inherited, he will, in all probability, live three-score years and more if the body is properly developed and cared for.

LEARN HOW TO LIVE.

Simple foods, in moderation, the drinking of large quantities of pure water, moderate enjoyable exercise, the daily bath, free elimination through bowels, skin and kidneys, avoidance of overwork, worry, excitement or unkindness—these conditions will give practical immunity against all diseases save those arising from injury.

It is better to live in harmony with a few simple clearly defined laws of health, such as simple food, simple clothing, simple exercise, simple precautions, than to try to live in harmony with public opinion. You should not hesitate to change your methods if you are pretty sure you see a better way.

Place yourself in harmony with the universal law; make a religious use of life; work while it is yet day; be at once serious and cheerful; know how to repeat with the apostle: "I have learned in whatsoever state I am therewith to be content."

Both brain and bodily work are essential to the attainment and maintenance of perfect health.

The man who serves himself and his fellow men best is he who simplifies life.

His Excuse.

Jack was the most mischievous little boy in the neighborhood. His mother had the habit of always trying to excuse his pranks. One day he got into trouble about tampering with a water faucet in the yard of the woman next door. "Why did you do it?" she asked. "Oh, I'm too young to know any better," the little boy assured her.

Uncle Eben.

"Some folks," said Uncle Eben, "wastes time lookin' for four-leaf clovers when dey could have shooned luck by turnin' in an' cuttin' de hay."

SCRIPTURE

Isaiah 40:25-31

To whom then will ye liken me, or shall I be equal? saith the Holy One. Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: he calleth them all by names by the greatness of his might, for that he is strong in power; not one faileth. Why sayest thou, O Jacob, and speakest, O Israel, My way is hid from the Lord, and my judgment is passed over from my God? Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

CARD OF THANKS

We wish to thank the friends and relatives for the floral offerings and sympathy shown in the loss of our son and brother, Harold; also the singers, and the minister for his words of kindness.

Frank Church and family, Mr. and Mrs. Alvin Wyant, Mrs. C. A. Nelson.

Strand tonight, Marjorie Rambeau in "The Fortune Teller"—adv.

TABLE OF COUNTY ELECTION RETURNS, NOVEMBER 2, 1920

Ward	Rep.	Dem.	Pro.	Ind.	Other
Alma-1st ward	134	46	110	70	131
Alma-2nd ward	130	59	117	68	124
Alma-3rd ward	131	58	118	67	125
Alma-4th ward	132	57	119	66	126
Alma-5th ward	133	56	120	65	127
Alma-6th ward	134	55	121	64	128
Alma-7th ward	135	54	122	63	129
Alma-8th ward	136	53	123	62	130
Alma-9th ward	137	52	124	61	131
Alma-10th ward	138	51	125	60	132
Alma-11th ward	139	50	126	59	133
Alma-12th ward	140	49	127	58	134
Alma-13th ward	141	48	128	57	135
Alma-14th ward	142	47	129	56	136
Alma-15th ward	143	46	130	55	137
Alma-16th ward	144	45	131	54	138
Alma-17th ward	145	44	132	53	139
Alma-18th ward	146	43	133	52	140
Alma-19th ward	147	42	134	51	141
Alma-20th ward	148	41	135	50	142
Alma-21st ward	149	40	136	49	143
Alma-22nd ward	150	39	137	48	144
Alma-23rd ward	151	38	138	47	145
Alma-24th ward	152	37	139	46	146
Alma-25th ward	153	36	140	45	147
Alma-26th ward	154	35	141	44	148
Alma-27th ward	155	34	142	43	149
Alma-28th ward	156	33	143	42	150
Alma-29th ward	157	32	144	41	151
Alma-30th ward	158	31	145	40	152
Alma-31st ward	159	30	146	39	153
Alma-32nd ward	160	29	147	38	154
Alma-33rd ward	161	28	148	37	155
Alma-34th ward	162	27	149	36	156
Alma-35th ward	163	26	150	35	157
Alma-36th ward	164	25	151	34	158
Alma-37th ward	165	24	152	33	159
Alma-38th ward	166	23	153	32	160
Alma-39th ward	167	22	154	31	161
Alma-40th ward	168	21	155	30	162
Alma-41st ward	169	20	156	29	163
Alma-42nd ward	170	19	157	28	164
Alma-43rd ward	171	18	158	27	165
Alma-44th ward	172	17	159	26	166
Alma-45th ward	173	16	160	25	167
Alma-46th ward	174	15	161	24	168
Alma-47th ward	175	14	162	23	169
Alma-48th ward	176	13	163	22	170
Alma-49th ward	177	12	164	21	171
Alma-50th ward	178	11	165	20	172
Alma-51st ward	179	10	166	19	173
Alma-52nd ward	180	9	167	18	174
Alma-53rd ward	181	8	168	17	175
Alma-54th ward	182	7	169	16	176
Alma-55th ward	183	6	170	15	177
Alma-56th ward	184	5	171	14	178
Alma-57th ward	185	4	172	13	179
Alma-58th ward	186	3	173	12	180
Alma-59th ward	187	2	174	11	181
Alma-60th ward	188	1	175	10	182
Alma-61st ward	189	0	176	9	183
Alma-62nd ward	190	0	177	8	184
Alma-63rd ward	191	0	178	7	185
Alma-64th ward	192	0	179	6	186
Alma-65th ward	193	0	180	5	187
Alma-66th ward	194	0	181	4	188
Alma-67th ward	195	0	182	3	189
Alma-68th ward	196	0	183	2	190
Alma-69th ward	197	0	184	1	191
Alma-70th ward	198	0	185	0	192
Alma-71st ward	199	0	186	0	193
Alma-72nd ward	200	0	187	0	194
Alma-73rd ward	201	0	188	0	195
Alma-74th ward	202	0	189	0	196
Alma-75th ward	203	0	190	0	197
Alma-76th ward	204	0	191	0	198
Alma-77th ward	205	0	192	0	199
Alma-78th ward	206	0	193	0	200
Alma-79th ward	207	0	194	0	201
Alma-80th ward	208	0	195	0	202
Alma-81st ward	209	0	196	0	203
Alma-82nd ward	210	0	197	0	204
Alma-83rd ward	211	0	198	0	205